

SATURD Y, JANUARY 5, 1901



CHRIST'S LESSON.

"Twas love that wrought Christ's mission Upon this world of ours; He never led the psople

By military powers

He never wrote a book or
Fine churches built with gold.
And He ne'er sought with money
To lead men to His fold. Sweet nature was His temple— Her works would all combine To illustrate His teaching,

And thus the world refine, He sought to lead men only By everlasting love, And by its blessed power, To lead their souls above.

Then why do we, professing
To follow in His name,
Not follow His example,
And try to do the same?
Let Love, Christ's spirit, guide us,

To lead our souls to God No better paths will ever

Be found than Jesus trod.

—Martha Shepard Lippincott, in Boston

CRITICISING OTHERS.

One of Two Serious Defects of Character Generally Revealed in Those Who Find Fault.

To criticise others is one of the commonest of faults. We are apt to attribute it to mere ill-nature, and sometimes it is due to this. But it often has another cause, lying farther back. It is due quite as much to the spirit of self-exaltation as to an unkind disposition to decry. We like to show that we know what is right, that we have a high standard which others have failed to equal. Criticism of their failures is involved in our assertion of our own superiority, but the primary sin on our part is pride quite as often as simple ill-nature, nor does this fact make our sin any the

To make the best of others; to see in them, whenever possible, a good purpose, whatever failure of performance there may have been; to realize and insist upon their good qualities, whatever their defects-this is to win their respect and affection, to encourage them to overcome their weaknesses, and to help all who know them to do them justice more willingly. It Jesus to believe in him, be hopeful for him and encourage him, in a word, to make the best of him, not only is grateful to us but is nerved to re-

newed effort for himself. This is why the downcast and discouraged gave such ready heed to our Lord. He did not repel them. Somatimes He rebuked them when they deserved it, but never so as to humiliate and wound. They felt that He did them justice, was ready to make due allowance in every case, had faith in their better natures and was eager to inspire them with new self-respect, courage and confidence. This, also, is why some people, possessing no special ability or opportunity, win such general confidence and love and such a wide and noble influence. They try to see only what is best in others and to encourage and develop it, and people whom no one else has succeeded in benefiting respond to their appeals as naturally and fruitfully as the flowers unfold in the sunshine .- Boston Congregationalist.

PRACTICAL SUGGESTIONS.

He cannot be brave who does not fear

to do wrong .- Ram's Horn. The question is not, Who is my neighbor? but, Am I neighborly?-William Arnot.

The Kingdom of God comes not with observation-but it comes .- Congregationalist.

Moderation is the silken string runming through the pearl chain of all virtues .- Bishop Hall.

Patience is the ballast of the soul, that will keep it from rolling and tumbling in the greatest storm .-Bishop Hopkins.

The highway of holiness is along the commonest road of life-along your very way. In wind sud rain, no matter how it beats, it is only going hand in hand with Him .- Mark Guy Pearse.

We can live so nobly, not in despite of the great sorrows and bereavements, but because of them, that our life shall be a Gospel, though we can never write or frame one with our lips .- Robert

Collyer. Look into these details of daily duty -these difficulties, these self-denialsand you will find that every one of these lesser crosses, if faithfully "endured," faithfully taken up and carried, not only helps to bring the crown of life, but itself changes insensibly from a cross to a crown.-Brooke Herford.

Not an Independent Man.

Many a man who is counted strong by his fellows, and who would scorn the idea that he is anybody's slave, is utterly unable to control himself. He who cannot or who does not, keep himself and his passions and his actions and his language under mastery, is not to be deemed a well-balanced or an independent man. In deciding the quesalen as to what mere man's slave we me, we may not have to look even as far sings!—Yonkers Statesman. m the ment door .- S. S. Times.

CIGARETTES AND SITUATIONS.

ieneral Movement Throughout the Country Against Employing Those Addicted to Their Use.

That eigarettes are deadly poisonous s an absolute scientific fact. A physician made a solution of all the nicotine from one cigarette; one-half of it was injected into a full-grown frog, from the effects of which the frog died almost instantly; the other half was used upon another frog with the same result. The poison of the ciga-rette is as deadly to the human being as to the frog, but slower in its work. Diseases resulting from its use are well known to physicians. The same physician who experimented upon the frogs says that instead of the fancy pictures which accompany cigarette packages, each ought to bear a skull and crossbones and be marked "deadly poison," the same as other poisonous drugs.

Since Chief Moore issued his order number of Chicago business houses have pursued the same course. The board of education does not permit eigarette smoking in its office; Montgomery Ward & Co. will not employ boys addicted to the use of cigarettes; bimonthly lectures on the evils of cig arette smoking are provided by Mar-shall Field & Co., for the benefit of their employes; the Chicago, Burlington & Quincy Railroad company has notified its employes that they must abandon eigarettes or forfeit their positions; several establishments have opened their doors to lecturers connected with the Anti-Cigarette league. The United States supreme court has declared the Chicago anti-cigarette law valid. Arkansas has an anti-cigarette bill which makes the sale or giving away of eigarettes to any per son under any circumstances a misde meanor, punishable by fine. That the civil service commission of New York city purposes to rid itself of "several hundred juvenile cigarette fiends," and substitute "office girls" is another straw that shows which way the wind

The Anti-Cigarette league, with headquarters in the Woman's Temple. Chicago, is vigorously waging war against the cigarette. It is after the boys, and to further its work pub lishes a bright little paper entitled The Boy. School teachers are loud in their denunciations of the eigarette; their positions enable them to observe its effect and they have noted its viciousness. Men are assisting the league in its work and have secured from boys under their care pledges that they will not smoke cigarettes before they are of age. Antagonism to the eigarette is constantly increas ing in force, and it is to be hope that the earth will not have passed many milestones in the new century before the deadly "coffin nail" is relegated to obscurity .- Young People.

A FOOD OR A POISON?

Alcohol Cannot Play a Double Role Tears Down But Does Not Build Up Tissue.

is to radiate moral sunshine and hardly be denied that it is an active cheer. Nothing so discourages any- poison capable of causing the death one as to feel his honest efforts are of any animal or vegetable protoplasm misunderstood and belittled. It em- with which it comes in contact, but bitters all but the most sturdy and rather as to whether in spite of these now covered with soit, fine bair and she, too has derived wonderful benefit we are ready, in the very spirit of value to the organism and serve to sustain it. A food stuff to be classed as such must not only be capable of General Agent of the Big Four R. R supplying the organism with energy to of Dayton. O., who was entirely cured be dissipated as heat and in the performance of work, but must also under proper conditions enter into the bodily structure and replace tissue that has become worn out. Recent investigation has shown clearly enough that alcohol is easily and abundantly oxidizable in the human body, but the mere proof that a substance is consumed in this way does not entitle it to rank as a food, and still less can this supposition beentertained if in addition it at the same time causes decomposi tion and destruction of living protoplasm. That alcohol does this is not to be doubted in view of the present knowledge of metabolic processes, and this granted, it is evident that a substance capable of destroying body tissue cannot also at the same time serve to build it up and replace damaged parts. Therefore the position that alcohol may play the double role of food and poison is untenable, and the sooner it is dropped from the list of drugs for internal administration the better it will be for physician and patient .-Medical Record.

What a Bottle of Whisky Did.

A South Australian paper made the following comment on the receipt of a little gift from an admirer of the jour-

"A present in the shape of a bottle of fine old Scotch whisky was kindly sent to the office at two p. m. or Thursday, Ten minutes past that hour not a dram of the liquor remained; ten seconds later the office boy were charged with being drunk and

disorderly "The editor of this paper returns thanks for the handsome gift, and would feel obliged if the donor of the whisky would send along 72s., a policeman's helmet, a new office boy, four panes of glass, a new street door knocker, and-no more whisky!"

Not a Helper.

Alcohol is not only not a helper of work, but it is a certain hinderer of work; and every man who comes to the front of a profession in London is marked by this one characteristic, that the more busy he gets the less alcohol he takes; and his excuse is: "I am very sorry, but I cannot take it and do my work."—The Late Sir Andrew Clark, M. D., Physician to the Queen.

Evil Habits.

Evil habits grow rapidly. Sin speedily gets such a momentum that it is almost impossible for a young man to stop.-Rev. Dr. Vosburgh.

A Hopeless Case. Penelope-Does Peggy talk in her

Patrice-Worse than that; she

CURES BALDNESS

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MIES DELLA JONES of Calvert, Texas

Those who are losing their hair or | in a plain wrapper so that it may be Those who are losing their hair or have partid with their locks can have it restored by a remedy that is sent free to all. A Cincinnati firm has concluded that the best way to convince people that hair can be grown on any head is to let them try it, and see for the maelves. All sorts of theories have been advanced to account for falling hair, but after all it is the remedy we are after and not the theory. People are after and not the theory. People who need more hair, or are anxious to ave what they have, or from siekness. dandroff or other causes have lost their hair should at once send their names and address to the Altenheim Medical Dispensary, 2311 Butterfield Building, dinemnati, Ohio, enclosing 2 cents stemp to cover postage, and they will

forward prepaid by mail, a sufficient rectrial package of their remedy to fully prove its remarkable action in quickly removing all trace of dandrud growth of hair. The remedy is not a new experiment Kassowitz maintains that it is not so much a question as to whether alcohol per se is toxic or nutritive, for it can hardly be denied that it is an active poison capable of causing the death of any animal or veretable protonlasm. but has now a fine growth. Mrs. C. W. Dastleman 843 Main St., Riverside.

Cal., reports her husband's shiny head remedy is the wife of Geo. Diefenbach,

of baldness The President of Fairmount College, Sulphur, Ky., Prof. B. F. Turner, was

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tunately saw the notice of of the cele-brated Foso treatment. She sent for brated Foso treatment. She sent for a free trial package and says;—It af fords me the greatest pleasure to say that everything regarding the treatment is just as represented. I had no faith in it, but since it costs nothing to the land of the party has now been try I used it and my hair has now been saved and restored to its original growth. Am very much pleased to recmmend such a valuable and remarks-

baldness and keeps the scalp healthy and vigoreus. It also restores gray hair to natural color and produces thick and lustrous eyebrows and eyelashes. By sending your name and address to the Althenheim Medical Dispersary, 2311 Butterfield Building, Cincinnati, Ohio, enclosing a 2-cent stamp to cover postage, they will mail you prepaid a free trial of their remarkable remedy.

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There are some persons who believe that there is no truth to be gained from consulting a Medium, but such beliefs are contrary to the truth. It is only from the lack of discrimination that such a conclusion can be reached, It is not every one who placards himself or herself as a medium that can stand

a test of what he or she claims.

And a person of an enquiring mind may ask the reason why It is simply t these advisers do not take the uble to study hun an nature. They do not spend their thoughts for the study hun an entire. do not spend their thoughts for a mo-ment with acquiring the art of phase-ology and kindred branches that will tave a tendency to make the pathway to the road of the business giver and levoid of all obstacles.

It is an undeniable fact the persons

will come for sdvice in full knowledge of what they want to know, and yet as soon as they confront a Medium they try their utmost endeavor to dispel re signs of approaching from their minds what they know so as to hear if it will be rehearsed by the Medium. To get the secret out or a DABUT LE ' LUTTI Lafter is the art used sy many unprincipled mediums, but to take hold or the head and gain control of the mind thereby is a matter of impossibility to most of them. And yet this can be done and

by consulting Mrs. Marth the seeming mystery becomes a realization.

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